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- 1 Fig. 6 illustrates a person performing the spine twist stretch.
- 2 Fig. 7 illustrates a person performing the hamstring stretch.
- 3 Fig. 8 illustrates a person performing the legs-apart hamstring stretch.
- 4 Fig. 9 illustrates a person performing the groin stretch.
- 5 Fig. 10 illustrates a person performing the quadriceps stretch.
- 6 Fig. 11 illustrates a person performing a calf stretch.
- 7 Fig. 12 illustrates a person performing an alternate calf stretch.
- 8 Figs. 13a-b illustrate a person performing standing knee to opposite chest.
- 9 Figs. 14a-~~b~~^c illustrate a person performing a L-kicks exercise.
- 10 Figs. 15a-d illustrate a person performing push-outs.
- 11 Figs. 16a-b illustrate a person performing the behind-the-neck press.
- 12 Figs. 17a-b illustrate a person performing the front press.
- 13 Figs. 18a-b illustrate a person performing the upright row.
- 14 Figs. 19a-b illustrate a person performing the bicep curls.
- 15 Figs. 20a-b illustrate a person performing the tricep kickback.
- 16 Figs. 21a-b illustrate a person performing sit-ups.
- 17 Figs. 22a-b illustrate a person performing leg-outs.
- 18 Figs. 23a-b illustrate a person performing vertical scissors.
- 19 Figs. 24a-b illustrate a person performing leg raises.
- 20 Figs. 25a-b illustrate a person performing elbows to knees.
- 21 Figs. 26a-b illustrate a person performing knees to elbows.
- 22 Figs. 27a-b illustrate a person performing march in place on toes.
- 23 Figs. 28a-b illustrate a person performing side benders.

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Figs. 29a-~~b~~ illustrate a person performing deadlifts.

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Figs. 30a-^c~~b~~ illustrate a person performing squat thrusts.

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